

The Effect of SSBM Massage on Anxiety and Fatigue of Patients with Multiple Sclerosis

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ABSTRACT

Multiple sclerosis (MS) is one of the most prevalent chronic diseases of central nervous system. Chronic nature of disease, indefinite prognosis and treatment and its early onset are the features that lead to variety of physical and psychological disorders. Anxiety and fatigue are the more prevalent disorders, experienced by these patients. This study aimed to investigate the effect of SSBM massage on anxiety and fatigue of patients with multiple sclerosis. In a quasi-experimental study, 62 patients were selected from the patients registered in MS Association of Qazvin, Iran. Participants were randomly allocated to study and control groups. Every patient received SSBM massage in seven sessions of ten minutes. Data were collected using three questionnaires of demographic variables, fatigue severity scale and Spielberger Anxiety questionnaire. Anxiety and fatigue were assessed before and 24 hours after the last session of SSBM massage. Descriptive and inferential statistics (independent and paired T-test) were used to analysis the data. P value of 0.05 was considered significant. Mean scores of fatigue severity were not significantly different before intervention in study and control groups (48.3 vs. 48.86). In addition, anxiety scores were not significantly different before intervention in study and control groups (51.53 vs. 51.63). After intervention, fatigue severity and anxiety scores were significantly different in two groups. Mean scores of fatigue severity were 33.12 and 53.20 for study and control groups respectively ($p < 0.001$), and anxiety scores were 38.65 and 52.13 in study and control groups respectively ($p < 0.001$). According to the present study, SSBM massage as a non-invasive, complementary procedure could be an effective intervention to reduce fatigue and anxiety in patients with multiple sclerosis.

KEY WORDS: Complementary medicine, SSBM Massage, Anxiety, Fatigue, Multiple sclerosis.

INTRODUCTION

Multiple sclerosis (MS) is a progressive chronic disease of central nervous system with different and disabling physical and psychological signs[1]. This disease is unpredictable and one of the most important diseases, which changes individuals' life as it targets the best period of their life and gradually leads to disability with no absolute treatment[2]. The most common age of disease onset is 20-40 years. Multiple sclerosis ruins the reproductive forces of a society and endangers all the population[3].

American Multiple Sclerosis Association reported that about 2.5 million people suffer from MS in the world in 2010 and each week, 200 new cases are added to them, and 80% of the patients suffer

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